



## PLAYING REGULATIONS: RUGBY 7s

### 1. SPORT FORMAT

All matches shall be played according to the World Rugby By-Laws, Regulations and laws of the game with seven-a-side variations as framed by World Rugby. These can be found on the World Rugby website: [www.worldrugby.org](http://www.worldrugby.org)

### 2. TEAM COMPOSITION

2.1 A maximum roster size for each tournament is 14. Tournament Rosters are to be declared 72 hours in advance of each of the tournaments, only affording substitutions to these lists due to late injuries. A team may dress 12 players for each game (7 starting lineup, plus 5 possible substitutions). Only players listed on the Game Sheet prior to kickoff will be eligible to compete in that game. A total of 17 individuals (12 dressed players, 2 reserve players, and 3 staff) will be allowed in the bench area.

2.2 A team must have a minimum roster size of ten (10) players available in order to start a tournament.

2.2 ELIGIBILITY - Student-athletes must be eligible full-time students in the current term, as per USPORTS regulations. CWR7's Series play will not count towards USPORTS Eligibility Thresholds.

### 3. TOURNAMENT SERIES

**3.1 The series will consist of three tournaments. The six fully declared members are Alberta, British Columbia, Calgary, Lethbridge, Trinity Western, and Victoria. Other Canada West members may be invited to attend tournaments in order to provide a more balanced competition**

**3.2 Hosts may be invited to enter a 'B' team at their tournament in order to provide a more balanced competition. Only the 'A' team will earn series points. Where a host provides a second team, there can be no crossover in rosters between the two teams during that tournament.**

3.3 All the teams participating in the Series will receive competition points according to their ranking at the end of each tournament (with exception of host 'B' team). The overall winner of the Series will be determined by the team with the most series points as set out below:

Ranking points:

- 1<sup>st</sup> Place – 15 Points**
- 2<sup>nd</sup> Place – 12 Points**
- 3<sup>rd</sup> Place – 10 Points**
- 4<sup>th</sup> Place – 8 Points**
- 5<sup>th</sup> Place – 6 Points**
- 6<sup>th</sup> Place – 4 Points**
- 7<sup>th</sup> Place – 2 Points**
- 8<sup>th</sup> Place – 1 Point**

3.4 In the event of two or more teams being equal on points for any position on the series table, the team with the highest margin of points scored for and against in all the Series matches shall be the higher ranked.

3.5 Each year, seeding from the previous series results will determine the seeds for **Tournament #1. Tournament # 2 Seeding is determined from the results of Tournament #1. Tournament #3 Seeding is determined by the aggregate standings after Tournament # 2.**

## 4. TOURNAMENT FORMAT

**Tournaments will either be Full Round Robin (6 Teams or Less), or will involve a pool phase and semi finals and finals as described below :**

### 4.1 *Pool phase*

All Teams will play each other on a round robin basis.

Match Points will be awarded for these matches on the following basis:

WIN	4 points
DRAW	2 points
LOSS	1 point
NO SHOW	0 points

No extra time shall be played during the pool phase.

### 4.2 *Rankings at the conclusion of the pool phase*

At the conclusion of the Pool phase, the Teams in a pool are ranked one through four based on their cumulative match points.

## WOMEN'S RUGBY 7s REGULATIONS

If, at the completion of the pool phase, two team teams are equal on match points, the winner of the match in which the two tied teams have played each other will be the higher ranked.

If, at the completion of the pool phase, two teams have played each other resulting in a draw OR more than two teams are tied on match points, the following criteria will be used in the following order until one of the teams can be determined as the higher ranked:

- (i) the team which has the best point differential between points scored for and points scored against in all its pool matches in that tournament will be the higher ranked;
- (ii) the team which has the best points differential between tries scored for and tries scored against in all its pool matches shall be the higher ranked;
- (iii) the team which has scored most points in all its pool matches shall be the higher ranked;
- (iv) the team which has scored most tries in all its pool matches shall be the higher ranked; and
- (v) if none of the above produce a result, then it will be resolved by the toss of a coin, or drawing of lots in cases where more than two teams are still tied.

*4.3 Semi-Finals and Finals – Following pool play and ranking, teams will be matched accordingly for the semi finals and consolation semi finals and finals to determine final placement and Tournament Series Points:*

- A) Semi Final #1 - 1A vs 2B
- B) Semi Final #2 - 1B vs 2A
- C) Consolation Semi Final #1 - 3A vs 4B
- D) Consolation Semi Final #2 - 3B vs 4A

- Shield: Loser C vs Loser D
- Bowl: Winner C vs Winner D
- Plate: Loser A vs Loser B
- Cup: Winner A vs Winner B

### *4.4 Match duration and knock-out match resolution*

- The duration of matches will be seven minutes each half with a two-minute half time interval.
- During the finals, in the event of a match being tied at the end of normal time, sudden death (next score wins) / extra time will be played until a winner is determined. A two-minute water break will be held at the end of normal time.

- A coin toss with the team staff or captains and the referee will be conducted to determine which team will kick off the commencement of the extra time, or choose which end the team will kick off from.
- The extra time is played in periods of five minutes. After each period the teams will change ends without interval. In extra time the team which scores first will immediately be declared the winner without further play.

## 5. UNIFORMS

5.1 Squad numbers (~~1-14~~) will be assigned to all players who participate in any match in a tournament in the Series. Once assigned a number, a player should retain such number for the duration of the tournament. **Assigned numbers should be used in the alternate jersey for the duration of the tournament where possible.**

Duplicate numbers or jerseys that have no numbers are not permissible.

5.2 Teams are encouraged to have an alternate set of jerseys to wear for games where there is a colour clash.

5.3 For any match where there is a colour clash, the team wearing the alternate kit will be determined by a coin toss.

## 6. RULES

### 6.1 OFFICIALS

The minimum number of officials required for a tournament day is 7.

Host schools shall work with the local Rugby Referee's Union to ensure that:

- Referees should be Provincial panel referees.
- Certified Assistant Referees should also be supplied by the host.

Where this is not possible the hosts can invite match officials (referees and touch judges) from neighboring rugby referees unions to ensure that quality match officials are provided.

### 6.2 DEFINITIONS

When a player has been temporarily suspended (Yellow Card), the player's period of suspension will be two (2) minutes.

The game ball shall be a size five (5) ball. The host shall provide three game balls per field to be at the referee's disposition for play in the game.

## 7. AWARDS

Teams competing in the Canada West Universities Women's Rugby 7's Series will be competing for a championship banner. Banner to be presented at the end of Tournament #3 to the Championship Team. **Canada West will provide medals for the gold, silver and bronze medal finishers to be presented at the final tournament.**

## 8. MEDICAL SUPPORT SERVICES

8.1 Tournament hosts must supply a Physician and Athletic Therapist pitch-side for the duration of each tournament. Each team is encouraged to supply their own Athletic Therapist, and are required to bring their own supplies. The host will provide emergency services, such as ice, where necessary.

## 9. RESULTS, STATISTICS, AND SCORESHEET MANAGEMENT

Tournament Hosts are expected to post and distribute results as per Section 13 (e) of the Canada West Operations manual.

## 10. INAPPROPRIATE CONDUCT AND SERIOUS MISCONDUCT IN COMPETITION

**Refer to Policy 6 of the Canada West Operations Manual for the policy and process for dealing with complaint of inappropriate conduct or incidents of serious misconduct in competition.**

### 10.1 SUSPENDED/EJECTED COACH OR PLAYER

- 1) A **suspended/ejected coach** must adhere to the following (for non-conference, league, and playoffs):
  - a. Will not be permitted anywhere within the playing venue from one hour before until 30 minutes after their games.
  - b. Coaches ejected during a game are to leave the vicinity of the playing surface, dressing rooms and benches, and cease all engagement with any participants, including players, coaches, officials, spectators etc. until 30 minutes after the game concludes.

**NOTE:** Where a Team Official is ordered to the dressing room under this rule, it is sufficient that they are away from the Players', benches or playing surface and are not directing or interacting with the teams in any manner and in no way interacting with or bothering the officials. Should the individual violate this rule, they are subject to further discipline following a Policy 6 review.
  - c. Coaches suspended for a game may not be within the vicinity of the playing surface, dressing rooms and benches as of 60 minutes prior to

## WOMEN'S RUGBY 7s REGULATIONS

the game; during this time coaches may not have any interaction with the team, through technology or other means, until 30 minutes after the game has been completed.

- 2) A **suspended/ejected player** must adhere to the following (for non-conference, league, and playoffs):
  - a. Student athlete suspended can be in the venue and should be as close as possible to the team bench without being on the team bench.
  - b. Are not allowed within the field of play during competition.
  - c. Student athletes suspended can join in the locker room only after the game is complete.